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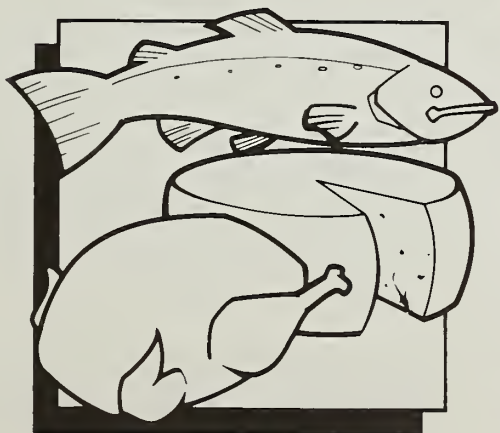
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Food and
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Nutritive Value of USDA-Donated Commodity Foods

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For more than 40 years, a solid partnership between the American farmer and the Nation's schools has helped feed hungry schoolchildren. The Commodity Distribution Program gives schools USDA-donated commodities to use in nutritious, low-cost meals, and at the same time strengthens the agricultural economy.

There is an ever-increasing interest in the nutritional quality of school lunches and the commodity foods that are used to make up part of these meals. Have you ever wondered about the nutritional content of a 2-ounce slice of cooked turkey roast? A 1/4-cup serving of whole-kernel corn? A 1/2-cup serving of cooked macaroni? . . . or any other USDA-donated commodity food? You can answer questions like these by using the following tables, which show the calorie and nutrient content of 76 USDA-donated foods. The foods are divided into sections, based on school lunch meal pattern components:

Table 1: Meat and Meat Alternates
Table 2: Vegetables and Fruits
Table 3: Bread and Bread Alternates
Table 4: Other Foods

Using the tables as a guide, menus can be planned and foods selected based on their nutritional value. For example, fruits and vegetables high in vitamins A and C can easily be found in table 2. The calorie and nutrient information in the tables can be shared with your teachers and students as a nutrition education activity.

In each section, the commodity foods are listed in alphabetical order. Descriptive words follow each commodity food name, such as "Beans, Green, canned, drained solids (heated)." This means that the nutritive values are for canned green beans that have been heated and drained.

Most of the commodity foods are listed in a ready-to-eat form. The nutrient values are for the edible portion of the food: the part that is customarily eaten. Staple commodities such as flour, shortening, and cornmeal are listed in the dry form.

The approximate weight or measure for each food is in common units or typical serving sizes. The amount may be in ounces, parts of a cup, table-spoons, or a piece of a certain size. Where possible, the amounts correspond to the minimum quantities listed in Group I on the School Lunch Meal Pattern Chart. (See page 3.) The figures in the tables may be used to calculate the nutritive value of other serving sizes, to meet other meal patterns. For example, the values for ground beef (no more than 24 percent fat) are given for a 1-ounce serving. To find the values of a serving of beef for Group IV (2 oz), multiply the given values by 2. Similarly, the values given for applesauce are for a 1/4-cup serving. To find the value of 1/2 cup, multiply by 2.

Tables 1 through 4 show values for food energy (calories), protein, fat, carbohydrate, cholesterol, five vitamins, and five minerals.¹ Values for meat are after it has been cooked and drained of drippings. Where a percentage of fat is listed for a meat, such as ground beef (24 percent fat), this refers to the amount of fat before cooking. Values are given for cooked vegetables, dry beans, pasta, and rice without added salt or fat. Values for instant mashed potatoes, prepared from flakes, have been calculated from the recipe printed on the commodity label.

All USDA-purchased foods must satisfy formulation specifications that insure that commodities are comparable to or better than products commercially available. For example, specifications require that canned fruits be packed in light syrup or fruit juice, rather than in heavy syrup.

If you are interested in the nutrient content of foods other than USDA-donated commodities, there are a number of publications available from the U.S. Department of Agriculture, Human Nutrition Information Service. For a list of these, write to U.S. Department of Agriculture, Human Nutrition Information Service, Hyattsville, Maryland 20782.

¹Calorie and nutrient values are from USDA Nutrient Data Base for Standard Reference Release No. 4, which is the tape version of revised Agriculture Handbooks No. 8 with supplemental data from Agriculture Handbook No. 456. Data not found in these sources are from the Nutrient Data Research Branch, Human Nutrition Information Service.

SCHOOL LUNCH PATTERNS FOR VARIOUS AGE/GRADE GROUPS

U.S. Department of Agriculture, National School Lunch Program

USDA recommends, but does not require, that portions be adjusted by age/grade group to better meet the food and nutritional needs of children according to their ages. If portions are adjusted, Groups I-IV are minimum requirements for the age/grade groups specified. If portions are not adjusted, the Group IV portions are the portions to serve all children.

Food Components	Food Items	Minimum Quantities				Recommended Quantities	Specific Requirements
		Preschool		Grades K-3	Grades 4-12	Grades 7-12	
		ages 1-2 (Group I)	ages 3-4 (Group II)	ages 5-8 (Group III)	age 9 and over (Group IV)	age 12 and over (Group V)	
MEAT OR MEAT ALTERNATE (quantity of the edible portion as served)	A serving of one of the following or a combination to give an equivalent quantity:						<ul style="list-style-type: none"> • Must be served in the main dish or the main dish and only one other menu item. • Vegetable protein products, cheese alternate products, and enriched macaroni with fortified protein may be used to meet part of the meat or meat alternate requirement. Food and Nutrition Service fact sheets on each of these alternate foods give detailed instructions for use.
	Lean meat, poultry, or fish	1 oz	1½ oz	1½ oz	2 oz	3 oz	
	Cheese	1 oz	1½ oz	1½ oz	2 oz	3 oz	
	Large egg(s)	½	¾	¾	1	1½	
	Cooked dry beans or peas	¼ cup	⅓ cup	⅓ cup	½ cup	¾ cup	
	Peanut butter or other nut or seed butters	2 Tbsp	3 Tbsp	3 Tbsp	4 Tbsp	6 Tbsp	
	Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, meet no more than 50% of the requirement and must be combined in the meal with at least 50% of other meat or meat alternates. (1 oz of nuts/seeds = 1 oz of cooked lean meat, poultry, or fish.)	½ oz = 50%	¾ oz = 50%	¾ oz = 50%	1 oz = 50%	1½ oz = 50%	
VEGETABLE OR FRUIT	2 or more servings of vegetables or fruits or both to total	½ cup	½ cup	½ cup	¾ cup	¾ cup	<ul style="list-style-type: none"> • No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice. • Cooked dry beans or peas may be used as a meat alternate or as a vegetable, but not as both in the same meal.
BREAD OR BREAD ALTERNATE	Servings of bread or bread alternate	5 per week	8 per week	8 per week	8 per week	10 per week	<ul style="list-style-type: none"> • Enriched macaroni with fortified protein may be used as a meat alternate or as a bread alternate, but not as both in the same meal. <p>NOTE: Food Buying Guide for Child Nutrition Programs, Program Aid No. 1331 (1984), provides the information for the minimum weight of a serving.</p>
	Must be enriched or whole-grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains, or a combination of any of the above.	minimum of ½ serving per day	minimum of 1 serving per day	minimum of 1 serving per day	minimum of 1 serving per day	minimum of 1 serving per day	
MILK (as a beverage)	Fluid whole milk and fluid unflavored lowfat milk, skim milk, or buttermilk must be offered.	¾ cup (6 fl oz)	¾ cup (6 fl oz)	½ pint (8 fl oz)	½ pint (8 fl oz)	½ pint (8 fl oz)	

TABLE 1
MEAT AND MEAT ALTERNATES

Commodity Description	Approximate Weight/ Measure	Food Energy Calories	Protein grams	Carbohydrate grams	Fat grams	Cholesterol milligrams	Vitamin A International Units
(1) Almonds, shelled, unblanched	1 oz	165	5.6	5.8	14.8	0	0
(2) Beans, Lima, dry, canned, drained solids (heated)	1/4 cup	40	2.3	7.8	0.1	0	61
(3) Beans, Lima, dry (cooked)	1/4 cup	65	3.9	12.2	0.3	0	0
(4) Beans, Red, dry, canned (Kidney) solids and liquid (heated)	1/4 cup	55	3.6	10.5	0.3	0	2
(5) Beans, Red, dry (cooked)(Kidney)	1/4 cup	55	3.6	9.9	0.2	0	2
(6) Beans, Refried, canned (heated)	1/4 cup	67	3.9	11.7	0.7	0	0
(7) Beans, Vegetarian, canned (heated)	1/4 cup	60	3.1	13.1	0.3	0	82
(8) Beans, White, dry (cooked)(Navy)	1/4 cup	55	3.7	10.0	0.3	0	0
(9) Beef, canned with natural juices (heated)	1 oz	65	7.1	0	3.7	26	1
(10) Beef, Ground (24% fat)(cooked)	1 oz	80	6.9	0	5.8	24	0
(11) Beef, Ground, patty (24% fat) (cooked)(3 oz raw)	1 patty	165	13.8	0	11.7	49	0
(12) Beef Roast (11% fat)(cooked)	1 oz	75	8.1	0	4.4	27	6
(13) Cheese, American Pasteurized Process	1 oz	105	6.3	0.4	8.9	27	343
(14) Cheese, Cheddar	1 oz	115	7.1	0.4	9.4	30	300
(15) Cheese, Mozzarella (part-skim milk)	1 oz	70	6.9	0.8	4.5	16	166
(16) Chicken, canned with natural juices (heated)	1 oz	50	6.2	0	2.2	18	33
(17) Chicken, cut-up (roasted with skin)	1 oz	70	7.7	0	3.9	25	34
(18) Chicken, fried, batter-dipped (breast meat and skin)(cooked)	1 oz	74	7.0	2.6	3.7	24	14

Vitamin C	Thiamin	Riboflavin	Niacin	Iron	Calcium	Phosphorus	Sodium	Potassium
milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams
0.2	0.06	0.22	0.95	1.0	75	147	3	208
1.5	0.01	0.02	0.21	1.0	12	30	100	94
0	0.06	0.03	0.33	1.5	14	73	1	291
0	0.03	0.02	0.38	1.2	18	70	2*	168
0	0.05	0.02	0.32	1.1	18	65	1	157
2.8	0.03	0.03	0.20	1.1	29	53	267	248
1.2	0.09	0.03	0.26	0.2	32	66	253	189
0	0.06	0.03	0.33	1.3	24	70	3	198
0	Trace	0.06	1.07	0.7	4	33	105	73
0	0.02	0.06	1.53	0.6	2	53	23	87
0	0.03	0.13	3.06	1.2	4	107	45	175
0	0.02	0.05	1.59	1.0	3	71	20	91
0	0.01	0.10	0.02	0.1	175	211	406	46
0	0.01	0.11	0.02	0.2	204	145	176	28
0	Trace	0.09	0.03	0.1	183	131	132	24
0.6	Trace	0.04	1.80	0.4	4	32	143	39
0	0.01	0.03	2.41	0.4	4	52	23	63
0	0.03	0.03	2.98	0.4	6	52	78	57

*Value for product without added salt.

TABLE 1 (CONTINUED)
MEAT AND MEAT ALTERNATES

Commodity Description	Approximate Weight/ Measure	Food Energy	Protein	Carbohydrate	Fat	Cholesterol	Vitamin A
		Calories	grams	grams	grams	milligrams	International Units
(19) Chicken Thigh (roasted)	1 oz	70	7.1	0	4.4	26	35
(20) Egg Mix, dried	1 oz	160	10.0	5.3	10.6	291	504
(21) Fish Nuggets, Alaska Pollock, breaded, fried, frozen	1 nugget	58	3.6	4.6	2.7	24	17
(22) Lentils (cooked)	1/4 cup	55	3.9	9.6	0	0	8
(23) Peanut Butter (smooth)	2 Tbsp	190	9.1	5.1	16.4	0	0
(24) Peanut Granules/Roasted Peanuts, unsalted	1 oz	165	7.6	5.2	13.9	0	0
(25) Peas, Blackeye, dry (cooked)	1/4 cup	50	3.2	8.6	0.2	0	5
(26) Peas, Split, dry (cooked)	1/4 cup	60	4.0	10.4	0.2	0	15
(27) Pork, canned with natural juices (heated)	1 oz	70	7.2	0	4.2	28	Trace
(28) Pork, Ground (24% fat)(cooked)	1 oz	85	6.9	0	6.3	27	1
(29) Salmon, Pink, canned	1 oz	40	5.8	0	1.7	10	20
(30) Tuna, Chunk Light, canned in water	1 oz	35	7.9	0	0.2	18	26
(31) Turkey Roast (light and dark meat, roasted)	1 oz	45	6.0	0.9	1.6	15	0
(32) Turkey, whole (roasted with skin)	1 oz	60	8.0	0	2.8	23	0
(33) Walnuts, English, shelled	1 oz	180	4.1	5.2	17.6	0	35

Vitamin C	Thiamin	Riboflavin	Niacin	Iron	Calcium	Phosphorus	Sodium	Potassium
milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams
0	0.02	0.05	1.80	0.4	3	49	24	63
0.5	0.08	0.33	0.12	1.2	141	190	237	225
Trace	0.02	0.03	0.46	0.3	11	40	112	62
0	0.03	0.03	0.30	1.0	12	60	6	124
0	0.05	0.03	4.30	.06	11	120	150	219
0	0.08	0.03	4.20	0.5	24	143	4	199
0	0.09	0.02	0.25	0.8	11	59	5	143
0	0.07	0.04	0.45	0.8	6	44	6	148
0	0.16	0.08	1.22	0.4	2	66	126	100
0	0.16	0.06	1.70	0.3	2	68	16	88
0	0.01	0.05	2.27	0.2	56	81	110	102
0	0.01	0.03	3.77	0.4	4	54	248	79
0	0.01	0.04	1.78	0.4	1	69	193	84
0	0.01	0.04	1.44	0.5	7	58	19	79
0.9	0.11	0.04	0.30	0.7	27	90	3	142

TABLE 2
VEGETABLES AND FRUITS

Commodity Description	Approximate Weight/ Measure	Food Energy	Protein	Carbohydrate	Fat	Cholesterol	Vitamin A
		Calories	grams	grams	grams	milligrams	International Units
(1) Apple, raw with skin (2-3/4" diameter)	1 apple	80	0.3	21.1	0.6	0	73
(2) Applesauce (sweetened) canned	1/4 cup	50	0.1	12.7	0.1	0	7
(3) Apricots (with skin) canned in light syrup	1/4 cup	40	0.3	10.4	0.1	0	836
(4) Beans, Green, canned, drained solids (heated)	1/4 cup	5	0.4	1.5	Trace	0	113
(5) Beans, Green, frozen (cooked)	1/4 cup	10	0.5	2.1	Trace	0	180
(6) Blueberries (unsweetened) frozen	1/4 cup	20	0.2	4.7	0.2	0	31
(7) Cherries (sweetened) red, tart, pitted, frozen	1/4 cup	50	0.3	12.1	0.2	0	337
(8) Corn, Whole-Kernel, canned, drained solids (heated)	1/4 cup	35	1.1	7.6	0.4	0	61
(9) Lemon Juice Concentrate, reconstituted	1/4 cup	15	0.2	4.0	0.2	0	9
(10) Mixed Fruit, canned in light syrup (Peaches, Pears, and Grapes)	1/4 cup	35	0.2	8.8	Trace	0	114
(11) Mixed Vegetables, frozen (cooked) (Carrot, Corn, and Green Peas)	1/4 cup	25	1.2	5.6	0.1	0	2997
(12) Peaches, canned in light syrup	1/4 cup	35	0.2	9.2	0	0	222
(13) Pear, raw with skin (2-1/2" diameter 3-1/2" long)	1 pear	100	0.7	25.1	0.7	0	33
(14) Pears, canned in light syrup	1/4 cup	35	0.1	9.5	0	0	0
(15) Peas, Green, canned, drained solids (heated)	1/4 cup	30	1.9	5.4	0.2	0	310
(16) Peas, Green, frozen (cooked)	1/4 cup	30	2.0	5.7	0.1	0	267
(17) Pineapple, canned in light syrup	1/4 cup	35	0.3	8.4	0.1	0	9

Vitamin C	Thiamin	Riboflavin	Niacin	Iron	Calcium	Phosphorus	Sodium	Potassium
milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams
7.9	0.02	0.02	0.11	0.3	10	10	0	159
1.1	0.01	0.02	0.12	0.3	3	4	2	39
1.7	0.01	0.01	0.19	0.2	7	8	2	87
1.2	Trace	0.02	0.04	0.3	9	6	85	37
2.4	0.02	0.02	0.11	0.3	15	8	4	38
1.0	0.01	0.01	0.20	0.1	3	4	Trace	21
0.7	0.02	0.01	0.05	0.2	5	6	Trace	48
2.6	0.01	0.03	0.34	0.4	2	27	132	80
15.1	0.02	Trace	0.12	0.1	7	6	13	62
1.0	0.01	0.01	0.22	0.3	3	4	3	53
1.7	0.04	0.02	0.33	0.3	8	21	21	63
1.5	0.01	0.02	0.37	0.2	2	7	3	61
6.6	0.03	0.07	0.17	0.5	18	18	0	208
0.4	0.01	0.01	0.09	0.2	3	4	3	41
3.1	0.04	0.03	0.20	0.4	9	28	93	74
3.4	0.10	0.04	0.47	0.6	10	36	35	67
4.7	0.06	0.02	0.18	0.3	9	4	1	66

TABLE 2 (CONTINUED)
VEGETABLES AND FRUITS

Commodity Description	Approximate Weight/ Measure	Food Energy	Protein	Carbohydrate	Fat	Cholesterol	Vitamin A
		Calories	grams	grams	grams	milligrams	International Units
(18) Plums, Purple (pitted) canned in light syrup	1/4 cup	40	0.2	10.3	0.1	0	166
(19) Potato (baked with skin)	1/2 large	110	2.3	25.4	0.1	0	0
(20) Potatoes, French Fried, frozen, oven-heated	1/4 cup	62	1.0	9.4	2.4	0	0
(21) Potatoes, Mashed, prepared from instant flakes*	1/4 cup	60	1.0	7.9	2.9	7	71
(22) Potato Rounds (heated)	1/4 cup	70	1.0	9.5	3.3	0	4
(23) Prunes, dried, pitted (cooked without sugar)	1/4 cup	60	0.6	14.9	0.1	0	122
(24) Raisins, seedless	1/4 cup	110	1.2	28.7	0.2	0	3
(25) Sweet Potatoes, canned in syrup, drained solids (heated)	1/4 cup	55	0.6	12.4	0.2	0	2630
(26) Tomato Paste, canned (heated)	1 Tbsp	15	0.6	3.1	0.2	0	384
(27) Tomatoes, Whole, canned (heated)	1/4 cup	10	0.5	2.6	0.1	0	344

*Commodity recipe made with whole milk, butter, salt.

Vitamin C	Thiamin	Riboflavin	Niacin	Iron	Calcium	Phosphorus	Sodium	Potassium
milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams
0.2	0.01	0.02	0.19	0.6	6	8	13	59
9.8	0.10	0.03	1.33	1.4	10	58	8	422
1.8	0.03	0.01	0.32	0.4	3	24	9	127
4.6	0.05	0.02	0.18	0.1	26	29	174	122
1.3	0.06	0.02	0.34	0.5	9	15	231	118
1.2	0.01	0.05	0.27	0.6	12	19	1	177
1.2	0.06	0.03	0.30	0.8	18	35	4	272
4.8	0.01	0.02	0.12	0.4	8	12	19	95
6.6	0.02	0.03	0.48	0.5	6	13	11	153
8.6	0.03	0.02	0.40	0.4	16	11	98	133

TABLE 3

BREAD AND BREAD ALTERNATES

Commodity Description	Approximate Weight/ Measure	Food Energy	Protein	Carbohydrate	Fat	Cholesterol	Vitamin A
		Calories	grams	grams	grams	milligrams	International Units
(1) Bulgur (Cracked Wheat)(dry)	3 Tbsp (1 oz)	100	2.9	22.1	0.3	0	0
(2) Corn Grits (cooked)	1/2 cup	75	1.7	15.7	0.2	0	0
(3) Cornmeal	3 Tbsp (1 oz)	105	2.2	22.2	0.3	0	125
(4) Flour, All-Purpose	3-1/2 Tbsp (1 oz)	105	3.0	21.6	0.3	0	0
(5) Flour, Whole-Wheat	3-3/4 Tbsp (1 oz)	95	3.8	20.1	0.6	0	0
(6) Macaroni/Spaghetti, enriched (cooked)	1/2 cup	80	2.4	16.1	0.3	0	0
(7) Oats, Rolled (cooked)	1/2 cup	75	3.2	13.3	1.2	0	15
(8) Rice, Brown (cooked)	1/2 cup	115	2.4	24.9	0.6	0	0
(9) Rice, White, enriched (cooked)	1/2 cup	110	2.0	24.8	0.1	0	0
(10) Wheat, Rolled (cooked)	1/2 cup	75	2.4	16.6	0.5	0	0

Vitamin C milligrams	Thiamin milligrams	Riboflavin milligrams	Niacin milligrams	Iron milligrams	Calcium milligrams	Phosphorus milligrams	Sodium milligrams	Potassium milligrams
0	0.08	0.03	1.19	1.3	10	85	1	88
0	0.12	0.06	0.98	0.7	0	14	0	27
0	0.12	0.07	0.99	0.8	2	28	Trace	34
0	0.18	0.11	1.50	0.8	4	25	1	27
0	0.16	0.03	1.22	0.9	12	105	1	105
0	0.07	0.03	0.77	0.6	6	35	1	43
0	0.14	0.02	0.16	0.9	10	94	1	69
0	0.08	0.02	1.36	0.5	12	71	3	68
0	0.10	0.01	1.02	1.4	10	29	2	29
0	0.08	0.06	1.08	0.7	8	84	0	86

TABLE 4
OTHER FOODS

Commodity Description	Approximate Weight/ Measure	Food Energy Calories	Protein grams	Carbohydrate grams	Fat grams	Cholesterol milligrams	Vitamin A International Units
(1) Butter	1 tsp	35	Trace	Trace	3.8	10	143
(2) Honey	1 Tbsp	65	0.1	17.3	0	0	0
(3) Nonfat Dry Milk, regular (noninstant)	7/8 oz*	90	9.0	12.9	0.2	5	9
(4) Tomato Catsup, canned	1 Tbsp	15	0.3	3.8	0.1	0	210
(5) Vegetable Oil	1 Tbsp	120	0	0	13.6	0	0
(6) Vegetable Shortening	1 Tbsp	115	0	0	12.8	0	0

*Weight for nonfat dry milk to make 1 cup reconstituted nonfat dry milk.

Vitamin C	Thiamin	Riboflavin	Niacin	Iron	Calcium	Phosphorus	Sodium	Potassium
milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams	milligrams
0	0	Trace	Trace	Trace	1	1	39	1
0.2	Trace	0.01	0.06	0.1	1	1	1	11
1.7	0.1	0.38	0.24	0.1	312	240	133	445
2.2	0.01	0.01	0.24	0.1	3	8	156	54
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0

